

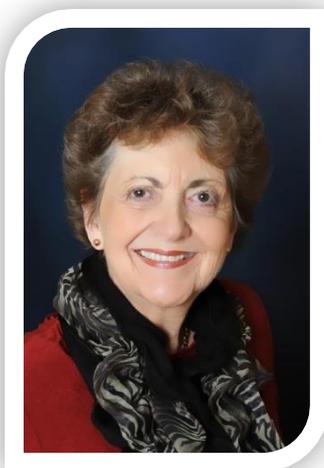
Keynote Speakers - 2015 Gippsland Health Summit

Dr Tasha Stanton is a Research Fellow at The University of South Australia, Adelaide and Neuroscience Research Australia, Sydney.

Dr Stanton previously held a Canadian Institutes for Health Research Postdoctoral Fellowship (2011-14) and was recently awarded an Australian National Health and Medical Research Council Early Career Fellowship (2014-2018). She has received over \$1.7 million dollars in competitive research funding and has been a keynote/invited speaker at 14 national and international conferences. Her research focusses on clinical pain neuroscience, with a specific interest in cortical body representation, somatosensation, multi-modal illusions, and pain.



Dr Stanton will provide a discussion of the evidence for the brain's role in pain as well as discuss how changes in the way that the brain perceives information from the painful area can possibly influence pain. It will delve into the types of cortically targeted treatment that currently exist and provide a summary of these effects. Dr Stanton will meet with our community and health professionals at the public forum and at the professional conference where she will facilitate a workshop discussing how the research applies to clinical care of those with chronic pain.



Ms Pauline McKinnon, Stillness Meditation Therapy Centre and Immediate Past President (and founding member of ATMA).

SMT is physiologically based and originated in Melbourne by the eminent psychiatrist Dr Ainslie Meares (1910-1986). In the 1960's Meares pioneered the use of meditation as a healing intervention and dedicated his life's work to helping people in this way.

SMT is significantly different from other forms of meditation and is not related to culture, philosophy or religion. Its aim is to provide profound mental rest which, according to Meares' theory, assists the natural process of mental homeostasis. Distressing symptoms are relieved, pain and stress can be more ably managed and lives are fulfilled.

Pauline McKinnon, author, psychotherapist and leader in the field of meditation has specialized in Meares' work since 1983. In the manner of the 'wounded healer' Pauline will offer a glimpse into her own experience of crippling anxiety and her recovery from the agoraphobic reaction. From her many years' work with stressed and anxious clients, Pauline will share her understanding of anxiety, the theory of SMT, its practical aspects, challenges for client and therapist and case studies.

Meditation is rapidly gaining popularity as an effective life-skill. Pauline considers SMT® to be more advanced in its therapeutic value than meditation per se and fundamental to human happiness and the attainment of physical and emotional health.

Mr Murray Altham, Founder, Peak Performance Bubble

When was the last time a patient/client came to you saying “Doc, my health is fantastic, I’ve never felt better, thank you, how do we keep this going?!” Wouldn’t that be great!!

All health professionals demonstrate heroic efforts to keep people well under very challenging circumstances. We’ll discuss some fresh ideas to help you with the valuable work you do.



Dr Catherine Crock, Physician at Royal Children's Hospital, Melbourne; Founder of Hush and Co-Founder of Australian Institute of Patient and Family Centered Care

Thinking differently about how we engage with our patients, families and other health professionals leads to safer, more efficient and more satisfying healthcare.

The evidence is undeniable, so now it's up to everyone to transform the culture to allow real partnerships to flourish. Cath will share her experiences of transforming highly stressful health care situations into partnerships with a difference. She will demonstrate how we can all build a better health care experience for patients and providers.



Ms Claire Crocker, Patient Advocate and Founder of the Patient Advocacy Institute

Achieving Targeted Health Outcomes and Genuine Consent to Treatment – the Role of Private Patient Advocacy

A private patient advocate is someone who is engaged to speak for, act on behalf of or otherwise assist a person seeking access to, or receiving, health services, with the specific objective of assisting that person

to achieve the best possible health outcome that is available for them. A patient advocate does not make any decisions concerning medical care and treatment – instead they act to ensure that the patient (or their representative) is informed and able to make their own genuine and independent decisions concerning health care and treatment.

Claire's company, Patient Advocate, was the first provider of private patient advocacy services in Australia. Launched in 2011, Patient Advocate has assisted patients and families throughout Victoria and Australia. In 2013, in response to overwhelming demand, Claire created the Patient Advocacy Institute to provide training in how to provide patient advocacy in a safe and effective manner. The Patient Advocacy Institute is committed to ensuring a high standard of quality assurance and safety for patients and their families, as well as providing industry representation within the health sector and the wider community.



Dr Liz Wearne GP, Gippsland Lakes Community Health.

By the end of this session you will be considering how your own wellness contributes to the wellness of others and how often you use kindness in practice and how you might be able to use it more. It seems silly to think we need to talk about kindness and compassion! Surely this is what we all do in our work already?

The reality of modern day health care is that rates of chronic disease and suffering are on the increase, health budgets continue to balloon and health workers are increasingly sick, depressed and burnt out. Many of our patients feel alienated and unheard, and we in turn often struggle to feel effective or truly useful in our roles. We are giving and giving and giving but perhaps it's not actually helping?

This session will focus on the powerful benefits of compassionate care for everyone, especially the healthcare worker and their patients. We will explore what compassionate healthcare looks and feels like, how it helps, and how to cultivate kindness and compassion in our everyday work and life.